



**FIT  
STRONG  
TOGETHER**

**July 2018 Group Exercise Schedule  
BFYMCA NORTHERN BERKSHIRE BRANCH  
22 Brickyard Ct. North Adams**

Group Exercise programs are fun and interactive ways to get fit for varying fitness levels. From Strength Train Together, to Cycling, to Yoga, to Water Aerobics, the Y offers a variety of Group Exercise classes in a supportive group setting. Unless noted, Group Exercise classes are drop-in and included in your Y membership. Daily Guest Pass (\$) holders may participate.

Chris Witruk, Community Wellness Director | (413) 499-7650, X111 | [cwitruk@bfymca.org](mailto:cwitruk@bfymca.org)

**Monday**

- 5:30 AM - 6:30 AM: Cycling (Cycle room)**
- 5:45 AM - 6:30 AM: Women's Cardio Boxing w/Katie (Racquetball Court)**
- 9:00 AM - 10:00 AM: Strength Train Together w/Chris (Cycle Room)**
- 11:00 AM - 11:45 AM: Twinges in the Hinges (Pool)**
- 1:00 PM - 1:45 PM: Twinges in the Hinges (Pool)**
- 5:00 PM - 6:00 PM: Deep End Water Aerobics w/Chris (Pool)**
- 5:30 PM - 6:30 PM: Cycling w/Emily (Cycle room)**
- 6:00 PM - 7:00 PM: SilverSneakers® Circuit w/Karen (Racquetball Court)**

**Tuesday**

- 5:30 AM - 6:30 AM: Cycling (Cycle room)**
- 9:00 AM - 10:00 AM: Water Cardio Walking w/Evan (Pool)**
- 10:15 AM - 11:15 AM: Gentle Yoga w/Judy (Racquetball Court)**
- 5:00 PM - 6:00 PM: Water Cardio Power w/Tyler (Pool)**
- 5:30 PM - 6:30 PM: Cycling w/Steve Rondeau (Cycle room)**
- 6:00 PM - 7:00 PM: Zumba® w/Karen (Koala room)**



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### **Wednesday**

- 5:45 AM - 6:30 AM: Women's Cardio Boxing w/Katie (Racquetball Court)**
- 9:00 AM - 10:00 AM: Strength Train Together w/Chris (Cycle Room)**
- 11:00 AM - 11:45 AM: Twinges in the Hinges (Pool)**
- 1:00 PM - 1:45 PM: Twinges in the Hinges (Pool)**
- 5:00 PM - 5:45 PM: Deep End Water Aerobics w/Chris (Pool)**
- 6:00 PM - 7:00 PM: SilverSneakers Boom® w/Karen (Racquetball Court)**

### **Thursday**

- 5:30 AM - 6:30 AM: Cycling (Cycle room)**
- 9:00 AM - 9:45 AM: Water Cardio Walking w/Evan (Pool)**
- 10:15 AM - 11:15 AM: Gentle Yoga w/Judy (Racquetball Court)**
- 5:00 PM - 5:45 PM: Water Cardio Power w/Tyler (Pool)**
- 5:30 PM - 6:30 PM: Cycling w/Katie (Cycle room)**
- 6:00 PM - 7:00 PM: Zumba® w/Karen (Koala room)**

### **Friday**

- 6:00 AM - 7:00 AM: Cycling w/Rachel (Cycle room)**
- 9:00 AM - 10:00 AM: Strength Train Together w/Chris (Cycle Room)**
- 9:00 AM - 9:45 AM: Water Cardio Power (Pool)**
- 11:00 AM - 11:45 AM: Twinges in the Hinges (Pool)**
- 1:00 PM - 1:45 PM: Twinges in the Hinges (Pool)**

### **Saturday**

- 9:30 AM - 10:30 AM: Yoga w/Lynn (Cycle room)**